

**REMARKS**

In the December 12, 2005 Office Action the Examiner entered a restriction requirement for the following species of the claimed invention:

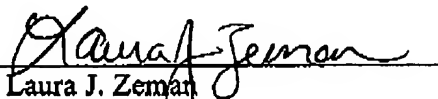
- Claim 33, a turning crank.
- Claim 46, a leg press.

In response to the Examiner's restriction requirement, Applicants elect the invention of Claim 33, a turning crank, without traverse, for further examination. The claims readable thereon are 1-10, 14-16, 18-24 and 46-58 as amended in the accompanying preliminary amendment.

Should the Examiner wish to discuss any of the foregoing in greater detail, the Examiner is invited to telephone the undersigned at the Examiner's convenience.

Dated: 1/5/06

Respectfully submitted,

By   
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